

Hyperbaric Oxygen Therapy Guidelines



Hyperbaric Department

BEFORE THE HBOT TREATMENT

- Shower in the morning.
- Have your breakfast.
- Avoid keeping any perfumes, body sprays or other chemicals on the body or hair.
- Avoid wearing any jewelry or other forms of metals.
- Avoid applying nail polish or makeup.
- You will be provided with 100% cotton scrubs and requested to change into them.
- No electronics such as smart phones or smart watches are allowed inside the chamber.

AFTER THE HBOT TREATMENT

- Avoid flying or diving for the next 24 hours.
- Avoid climbing high altitudes more than 300 meters.

NO SMOKING

Awali Hospital has a non-smoking policy.



HOW DOES IT WORK

HBOT is a medical treatment that allows patients to breathe pure oxygen under pressure higher than the atmospheric pressure. This results in very high concentrations of oxygen in the plasma and ultimately in the tissues. The patient receives up to 15 times the amount of oxygen when compared to breathing air normally.

Essentially, HBOT can help heal the wound, reduce swelling, fight infection, and build new blood vessels, ultimately producing healthier tissue. Studies have shown that HBOT will reduce the rate of telomere shortening at the end of the genes. Therefore, HBOT will reverse aging and reduce cell death.



WHAT HAPPENS DURING MY APPOINTMENT

All patients will have an initial assessment prior to commencing HBOT. Our specialist hyperbaric doctor will conduct a thorough assessment by reviewing your health history, current illness, discussing risks and benefits of HBOT, and creating a treatment plan specific to your needs. The doctor will provide an informed consent prior to the commencement of session. You will also speak with other hyperbaric team members who will discuss with you about what to expect during your treatment.

WHAT CONDITIONS DOES IT TREAT

Hyperbaric oxygen therapy is the main treatment for these conditions. In certain cases, it can be used as an adjunctive treatment which means that it supports other forms of treatment.

HBOT is indicated for the treatment of the following conditions but not limited to:

- Air or gas embolism
- Carbon monoxide poisoning
- Gas gangrene

- Acute Traumatic Ischemia e.g. crush injuries, compartment syndrome
- Decompression sickness
- Enhancement of wound healing: .
- (Diabetic foot ulcer, pressure ulcers and others)
- Anemia
- Chronic refractory Osteomyelitis
- Intracranial abscess
- Necrotizing soft tissue infections (necrotizing fasciitis)
- Delayed radiation injury (soft tissue and bony necrosis)
- Compromised skin grafts and flaps
- Thermal burn injury
- Autism and cerebral palsy
- Arthritis and fibromyalgia
- Migraine
- Sports injury
- Stroke and dementia

HBOT is used for well-being such as the following:

- Reverse aging
- Improve sleeping
- Decrease memory loss
- Post surgical rehabilitation
- Skin and hair health

ABSOLUTE CONTRAINDICATIONS

- Claustrophobia
- Untreated pneumothorax
- Current use of chemotherapy .

Relative Contraindications:

Conditions in which caution must sometimes be observed but which are not necessarily a contraindication to HBOT:

- History of spontaneous
- pneumothorax
- Severe sinus infection
- Upper respiratory infection
- Fever
- Recent history of chest or ear surgery
- Congenital spherocytosis
- Any convulsive disorder
- Pregnancy
- Excessive smoking
- Emphysema with CO₂ retention

Contact us:



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